

## ABSTRACT

An information recording medium of the present invention includes a recording portion capable of storing information three-dimensionally. The recording portion (3) includes at least one recording layer (1a to 1f), and the  
5 recording layer (1a to 1f) contains titanium oxide. It is preferable that titanium oxide is at least one kind of an anatase type and a brookite type. The recording layer (1a to 1f) may be substantially made of titanium oxide, and may contain titanium oxide and a low refractive-index material having a refractive index smaller than that of titanium oxide.